

Stretch & Strength

Warm-up the muscles with stretching the body. The use of stretch bands along with steps, balance balls and chairs will be used in the class. The staff will assist with stretching, balancing and working your CORE. NO class 1/19/09 7 sessions Rm 206

Activity #241200A

1/5-2/23 Mon 2:30-3:30 pm Foster \$14/Res; \$21/Non-Res

Activity #341200A

3/9-4/20 Mon 2:30-3:30 pm Foster \$14/Res; \$21/Non-Res



Zumba

Ditch the workout join the Party. Zumba's rhythm and tantalizing moves creates a dynamic workout that is high energy fun. This is the latest dance craze sweeping the nation. Staff can assist those who need additional help. 8 sessions

Activity #241200A 1/8-2/26 Thu 6-7 pm Miller \$26/Res; \$39/Non-Res

Activity #241200B(DD) 1/9-2/27 Fri 5:45-6:45pm Foster \$26/Res; \$39/Non-Res

Activity #341200A 3/12-4/30 Thu 6-7 pm Miller \$26/Res; \$39/Non-Res

Activity #341200B(DD) 3/13-5/1 Fri 5:45-6:45 pm Foster \$26/Res; \$39/Non-Res

Adapted Aquatics - Adults w/MS, Fibromyalgia, Arthritis or other physical disabilities.

Let the water take the stress away. Practice rhythmic breathing and exercise to improve/maintain range of motion. To improve balance and strength use the last 10-15 minutes for walking and noodle work. No make-up dates. NO class 1/19/09

Activity#241070A

1/5-2/23 M&W 5:30-6:15 pm Beekman \$30/Res;\$45/Non-Res.

Activity#241070B (DD)

1/5-2/23 M&W 6:15-7:00 pm Beekman \$30/Res;\$45/Non-Res.

Activity#341070A

3/9-4/29 M&W 5:30-6:15 pm Beekman \$30/Res;\$45/Non-Res.

Activity#341070B (DD)

3/9-4/29 M&W 6:15-7:00 pm Beekman \$30/Res;\$45/Non-Res.

No Program 4/6 & 4/8 Spring Break

